

Salad Platters

Meaty Salads

Chef's salad

Romaine lettuce, roast turkey, honey roast ham, Swiss cheese, cherry tomatoes, avocado, boiled eggs, cucumber & pot of Dijon dressing **[NG] MIL, EGG, MUS**

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Chicken pasta salad

Marinated grilled chicken with cherry tomatoes, cucumber, peppers, mozzarella, olives, rocket, parmesan & pesto dressing **GLU (WHEAT), MIL**

£17.40
Small: Serves 3-4

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Mediterranean grilled chicken salad

Marinated grilled chicken, roast peppers, green beans, red onion, artichoke hearts, olives, sun blushed tomatoes & rocket **[NG] [DF]**

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Greek island chicken salad

Grilled chicken, feta, cucumbers, tomatoes, peppers, Kalamata olives & pot of lemon & mint dressing **[NG] MIL**

£17.40
Small: Serves 3-4

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Moroccan chicken cous cous salad

Moroccan spiced chicken with Mediterranean grilled vegetable cous cous & pot of mint yoghurt dressing **GLU (WHEAT), MIL**

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Grilled Chicken Caesar salad

Herb grilled chicken, romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing **GLU (WHEAT), MIL, EGG, FIS, SUL**

£17.40

Small: Serves 3-4

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Bang Bang chicken salad

Shredded poached chicken, crunchy vegetables, crunchy lettuce & lemon grass peanut dressing **[N] [DF] GLU (WHEAT), PEA, SES, SOY, FIS**

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Chorizo salad

Grilled chorizo, new potatoes, green beans, cherry tomatoes, butter beans black olives & rocket **[NG] MIL**

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Thai beef salad

Marinated slices of steak with a crunchy vegetables, cherry tomatoes, baby gem & pot of Thai dressing **[DF] GLU (WHEAT), FIS, SOY, SES**

£40.80

Medium: Serves 5-8

£52.40

Large: Serves 9-12

Parma ham salad

Parma ham, buffalo mozzarella, roast tomatoes, shaved parmesan, rocket & pot of balsamic dressing **[NG] MIL**

£20.50

Small: Serves 3-4

£40.80

Medium: Serves 5-8

£52.40

Large: Serves 9-12

Chicken Tricolor salad

Herb grilled chicken, buffalo mozzarella, beef tomato, avocado, olives & pot of pesto dressing **[NG] MIL**

£40.80

Medium: Serves 5-8

£52.40

Large: Serves 9-12

Chicken, avocado & quinoa salad

With kidney beans, rocket, tomatoes, spring onions, toasted pine nuts & lime dressing **[DF] GLU (WHEAT)**

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Seasonal salad

Fig & blue cheese salad Parma ham, rocket, baby spinach, toasted walnuts & balsamic dressing **TRE (walnuts) (MIL) (NG)**

£40.80
Medium: **£52.40**
Large:

Fishy Salads

Tuna Nicoise salad

Tuna chunks, new potatoes, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs, romaine lettuce & pot of Dijon dressing **[DF] [NG]**
FIS, EGG, MUS

£17.40
Small: Serves 3-4
£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Salmon pasta salad

Flaked salmon, cherry tomatoes, cucumber & lemon dill crème fraîche dressing **GLU (WHEAT), MIL, MUS, FIS, CEL**

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Tuna pasta Nicoise

Tuna chunks, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs & lemon wedges **[DF] GLU (WHEAT), FIS, EGG, MUS**

£17.40
Small: Serves 3-4

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Grilled salmon Caesar salad

Herb grilled salmon, romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing **GLU (WHEAT), FIS, SUL, MIL**

£20.50
Small: Serves 3-4

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Grilled salmon Nicoise salad

Herb grilled salmon, romaine lettuce, cherry tomatoes, green beans, new potatoes, olives, red onion, boiled eggs & pot of Dijon dressing **[NG] EGG, FIS, MUS**

£20.50
Small: Serves 3-4

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Moroccan salmon tabouli salad

Grilled salmon fillet with chickpea & preserved lemon tabouli & pot of mint yoghurt dressing **GLU (WHEAT), FIS, MIL**

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Poached salmon salad

Poached salmon chunks with shaved fennel, green beans, sugar snaps, cherry tomatoes, cucumbers, lemon & dill **[NG] [DF] FIS, CEL**

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Blackened Cajun salmon salad

Cajun grilled salmon chunks with tomato rice, spring onions, peppers, kidney beans, coriander, lime & avocado salsa **[NG] [DF] FIS**

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Smoked salmon salad

Slices of smoked salmon with prawn cocktail, beef tomato, cucumber, mixed leaves & lemon wedges **[NG] FIS, CEL, MUS, EGG, CRU**

£20.50
Small: Serves 3-4

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Crayfish salad

Crayfish in seafood dressing, beef tomato, avocado, cucumber, mixed leaves & lemon wedges **[NG] CRU, CEL, MUS, EGG**

£20.50
Small: Serves 3-4

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Provençal king prawn salad

Grilled king prawns, Mediterranean grilled vegetables & mixed leaves with a cherry tomato, lemon & parsley dressing **[NG] [DF] CRU**

£57.80
Medium: Serves 5-8

£86.70
Large: Serves 9-12

Seafood salad

King prawns, smoked salmon, crayfish cocktail, beef tomato, cucumber, mixed leaves & lemon wedges **[NG] CRU, FIS, CEL, MUS, EGG**

£57.80
Medium: Serves 5-8

£86.70
Large: Serves 9-12

Teriyaki salmon & soba noodle salad

With sugar snaps, broccoli, beansprouts, spring onions, carrot, coriander, ginger, lime & toasted sesame seeds **[DF] GLU (WHEAT), SES, FIS, SOY**

£40.80

Medium: Serves 5-8

£52.40

Large: Serves 9-12

Veggie Salads

Simple green salad

Mixed leaves with a pot of Dijon dressing **[V] [VG] [NG] [DF] MUS**

£11.55

Small: Serves 3-4

£17.40

Medium: Serves 5-8

£23.10

Large: Serves 9-12

Coleslaw salad

Shredded white cabbage, carrot, onions & apple in a light mayonnaise dressing **[V] [NG] MUS, EGG**

£23.10

Medium: Serves 5-8

£34.70

Large: Serves 9-12

Garden salad

Mixed leaves, cherry tomato, peppers, cucumber, radish, carrot & pot of Dijon dressing **[V] [VG] [NG] [DF] MUS**

£14.50

Small: Serves 3-4

£23.10

Medium: Serves 5-8

£34.70

Large: Serves 9-12

Bean salad

Mixed beans, green beans, diced peppers, cucumber & celery with a herbed vinaigrette **[V] [VG] [DF] [NG] MUS, CEL**

£28.90

Medium: Serves 5-8

£40.60

Large: Serves 9-12

Rice salad

Herbed rice salad with mixed beans, diced peppers, cucumber, radish & celery **[V] [VG] [NG] [DF] CEL, MUS**

£28.90

Medium: Serves 5-8

£40.60

Large: Serves 9-12

Tabouli salad

Cracked wheat with fresh herbs, cucumber, cherry tomato, radishes, spring onion & lemon dressing **[V] [VG] [DF] GLU (WHEAT)**

£28.90
Medium: Serves 5-8

£40.60
Large: Serves 9-12

Caesar salad

Romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing **GLU (WHEAT), FIS, MIL, SUL, EGG *Contains anchovies in the dressing**

£14.50
Small: Serves 3-4

£28.90
Medium: Serves 5-8

£40.60
Large: Serves 9-12

New potato salad

With mayonnaise, wholegrain mustard, crème fraîche, spring onion, gherkins, radish & chives **[V] [NG] MUS, EGG, SUL, MIL**

£28.90
Medium: Serves 5-8

£40.60
Large: Serves 9-12

Grilled broccoli salad

With lemon, chilli & garlic dressing **[V] [VG] [NG] [DF] SES, SOY**

£28.90
Medium: Serves 5-8

£40.60
Large: Serves 9-12

Oriental vegetable noodle salad

With celery, sugar snaps, carrots, peppers, broccoli, spring onions, cucumber & sesame, ginger and coriander dressing **[V] [DF] CEL, SOY, SES, GLU (WHEAT), EGG**

£28.90
Medium: Serves 5-8

£40.60
Large: Serves 9-12

Rocket salad

With sun blushed tomatoes, shaved parmesan & pot of balsamic dressing **[V] [NG] MIL**

£14.50
Small: Serves 3-4

£28.90
Medium: Serves 5-8

£40.60
Large: Serves 9-12

Pesto pasta salad

Cherry tomatoes, baby mozzarella, olives, rocket, parmesan, pine nuts & pesto dressing [V] **GLU (WHEAT), MIL**

£17.40

Small: Serves 3-4

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Greek salad

Feta, cucumbers, tomatoes, peppers, Kalamata olives & pot of lemon & mint dressing [V] [NG] **MIL**

£17.40

Small: Serves 3-4

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Roasted butternut couscous salad

With grilled peppers & courgettes, fresh herbs, raisins, toasted pine nuts, preserved lemon & crumbled feta [V] **GLU (WHEAT), MIL, SUL**

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Grilled vegetable salad

Seasonal grilled vegetables with rocket, shaved parmesan & pot of balsamic dressing [V] [NG] **MIL**

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Mozzarella salad

Baby mozzarella, cherry tomatoes, avocado, basil & extra virgin olive oil [V] [NG] **MIL**

£17.40

Small: Serves 3-4

£34.70

Medium: Serves 5-8

£46.20

Large: Serves 9-12

Roasted vegetable pasta salad

Seasonal roasted vegetables with rocket, crumbled goat's cheese, toasted pine nuts & pesto dressing [V] **GLU MIL**

£16.50

Small: Serves 3-4

£33.00

Medium: Serves 5-8

£44.00

Large: Serves 9-12

Tricolor salad

Buffalo mozzarella, beef tomato, avocado, basil, olives & extra virgin olive oil [V]
[NG] MIL

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Grilled courgette salad

With slow roast tomatoes, shaved parmesan, rocket & pot of balsamic dressing [V] [NG] MIL

£17.40
Small: Serves 3-4

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Wild rice, lentil & feta salad

With roast butternut, baby spinach, roast red pepper & toasted pumpkin seeds [V] [NG] MIL, MUS

£34.70
Medium: Serves 5-8

£46.20
Large: Serves 9-12

Mexican tomato & avocado salad

Beef tomato, avocado, iceberg, coriander & lemon dressing [V] [VG] [NG] [DF]

£23.10
Medium: Serves 5-8

£34.70
Large: Serves 9-12

Individual Meaty Salads

Individual chicken Caesar salad

Grilled chicken, cherry tomatoes, avocado, parmesan, croutons, baby gem & pot of Caesar dressing MIL, FIS, SUL, GLU (WHEAT), MUS

£5.50
per person

Individual chicken pasta salad

Grilled chicken, cherry tomatoes, cucumber, olives, peppers, bocconcini, rocket, parmesan, toasted pine nuts, rocket & pesto dressing GLU (WHEAT) MIL

£5.50
per person

Individual chicken garden salad

Grilled chicken, mixed leaves, cherry tomato, peppers, cucumber, radish, carrot & a pot of Dijon dressing [NG] [DF] MUS

£5.50
per person

Individual Fishy Salads

Individual Tuna Nicoise salad **£6.60**
per person

Tuna chunks, new potatoes, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs, baby gem & lemon **[NG] FIS, EGG**

Individual prawn cocktail salad **£6.60**
per person

With tomato, avocado, lemon & shredded lettuce **[NG] [DF] CRU, EGG, MUS, CEL**

Individual smoked salmon salad **£6.60**
per person

With smoked salmon, avocado, cucumber, tomato, lemon, mixed salad leaves & pot of Dijon dressing **[NG] [DF] FIS, MUS**

Individual seafood salad **£6.60**
per person

With smoked salmon, prawn cocktail, cucumber, tomato, lemon, mixed salad leaves & pot of Dijon dressing **[NG] [DF] CRU, FIS, EGG, MUS, CEL**

Individual Tuna Pasta Nicoise **£6.60**
per person

Tuna chunks, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs & lemon wedges **[DF] GLU, FIS, EGG**

Individual Veggie Salads

Individual Greek salad **£5.50**
per person

Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing **[V] [NG] MIL**

Individual pesto pasta salad **£5.50**
per person

Cherry tomatoes, baby mozzarella, olives, rocket, parmesan, pine nuts & pesto dressing **[V] GLU (WHEAT), MIL**

Individual hummus salad **£5.50**
per person

With courgette fritters, feta, olives, cucumber & cherry tomatoes **[V] GLU (WHEAT), MIL, EGG**

Individual garden salad **£5.50**
per person

Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing **[V] [VG] [NG] [DF] MUS**

Super Salads

Chicken, avocado & quinoa salad

£6.95
per person

With kidney beans, rocket, tomatoes, toasted pine nuts & lime dressing **[DF]**
GLU (WHEAT)

Teriyaki salmon & soba noodle salad

£6.95
per person

[DF] GLU SES FIS SOY
With sugar snaps, broccoli, beansprouts, spring onions, carrot, coriander,
ginger, lime & toasted sesame seeds **[DF] GLU (WHEAT) SES, FIS, SOY**

Wild rice, lentil & feta salad

£6.95
per person

[V] [NG] MUS MIL
With roast butternut, baby spinach, roast red pepper & toasted pumpkin
seeds **[V] [NG] MIL, MUS**